

ABC's of Accessorizing Your Home

NEW

In this class, you'll learn how to create beautifully accessorized rooms like the ones you see on television and in home magazines. It doesn't take a lot of money, just a few design tips, a little drama, some key focal points, and your own personality. Students are encouraged to bring a photo showing a room in their homes that they would like to accessorize. Instructor will bring sample accessories for the class to create individual vignettes.

Instructor: Julie Byrne, Julie Byrne Interiors

Location: Troy Community Center

Act#	Day	Dates	Time	NR	Res Disc
131400A	Wed	6/24	7-9 pm	\$31	\$26



Youth Yoga

Teens (11-17) will find this lively class a nice combination of physical challenge, stress relief, relaxation and fun. It's an inspiring way to cultivate confidence, improve focus, increase body awareness, and create a positive body image. Chill out with other teens in this ancient Indian art of self-discipline and development. Plus...yoga is cool.

Youth (6-10) will find this non-competitive class fun and exciting. Boys and girls will use their bodies and imaginations to become trees, lions, snakes and so many other wonderful things. Classes will include games, poses, breathing exercises and deep relaxation. Yoga helps children develop strong, flexible, healthy bodies, increases concentration and focus while building self-esteem and confidences.

Classes: Class day - Monday for 6 weeks. All levels welcome, wear loose clothing and bring a yoga mat.

Camp: Monday-Friday - includes craft and healthy snack each day.

Location: Troy Community Center

Instructor: Linda

Act#	Ages	Dates	Time	NR	Res Disc
126321B*	11-17	5/11-6/15	7-8:15 pm	\$54	\$49
126321D*	6-10	5/11-6/15	5:45-6:45 pm	\$54	\$49
136321A	6-10	7/13-17	9:45-11:45 am	\$101	\$96
136321B	11-17	7/13-17	1-3 pm	\$101	\$96

*No class 5/25

See Adult yoga on page 52.



Meditation & Gentle Stretch

Center yourself for an evening unwinding practice; using gentle stretch, focusing on meditation and breathwork. A great recovery after a hard day of activity. (golf, tennis, gardening etc.) All skill levels welcome!

Location: Troy Community Center

Weeks: 9

Act#	Day	Dates*	Time	NR	Res Disc
136320G	Wed	6/24-8/26	8-9 pm	\$77	\$72

*No class 7/8

Personal Training

Available at the Troy Community Center

Whatever fitness goals you seek, this program will get you there! Our personal training staff will design a program precisely to meet your needs. Whether it's losing weight, gaining muscle, diet management, increasing flexibility, endurance or simply monitoring your workout, we will help you achieve your goal!

Call or stop by the Troy Community Center today to learn more about our Fitness Room and our Personal Training staff. Let us help you to achieve your goals!

Call and ask about our FREE evaluation - 248.526.2657!

Massage Therapy

Meet Kim Francis, a nationally certified massage therapist, specializing in Sport and Rehabilitative massage, is also experienced in Swedish Massage. If you are stressed, have a sports injury or if you just need to pamper yourself, Kim will help you work it out. The Troy Community Center is now offering Massage Therapy, an alternative way to treat your body. To schedule an appointment, visit the Recreation Control Desk or call 248.526.2655. See page 47 for pricing details.

Senior Balance and Stretch

For persons 55 and older. Get things back in "Balance" and "Stretch" out your days with instructor Ilene Hill. This class will increase your core strength and movement in order to improve your flexibility and stability for all your daily activities. Students must be able to do mat work on the floor. Bring a towel or pillow for your head.

Location: Troy Community Center

Weeks: 8

Instructor: Ilene

Act#	Day	Dates	Time	NR	Res Disc
138983A	Mon	6/29-8/17	9-9:50 am	\$33	\$28
138983B	Wed	7/1-8/19	9-9:50 am	\$33	\$28

FEE CODES:

PHNR = Pass Holder Non-Resident
PHRes = Pass Holder Troy Resident
NR = Non-Resident
Res = Troy Resident

Body Images

Act #	PHNR	PHRes	NR	Res
136301A	-	-	\$97	\$92
136301B	-	-	\$97	\$92
136301C	-	-	\$110	\$105
136301X	\$87	\$82	-	-

Cardio & Weights – Low impact aerobics with intervals of light weight training target muscles of the upper and lower body, including great abs and gluts. Increase your BMR and lose weight fast.

Step Power Hour – an all STEP class incorporates fun, energizing intervals of step aerobic patterns for the ultimate cardio workout! Resistance training uses hand weights for upper body strengthening combined with abs, hip and thigh exercises for total body workout.

Fitness Factory

Mat Pilates: This intensive mat workout enhances posture, flexibility, endurance and balance while toning and firming your powerhouse (core). Pilates is great for all fitness levels and ages. Wear comfortable clothing and bring a mat to class.

Pass holders use Act #136565X – \$10 off fees listed

Act #	Day/Time	NR	Res	Disc
136565A	T or TH - PM	\$85	\$80	
136565B	T/TH - PM	\$145	\$140	
136565E	T or TH - AM	\$85	\$80	
136565F	T/TH - AM	\$145	\$140	

Zumba: Zumba is an extremely fun workout based on interval training, which is effective in burning calories and keeping the heart rate up. The dance-sculpting-combo class is set to Latin and various ethnic types of music.

Act #	Day/s	NR	Res	Disc
136565C	T - PM	\$85	\$80	
136565D	T/TH - PM	\$145	\$140	
136565H	TH - PM	\$85	\$80	
136565G	All -Fit Fact	\$203	\$198	

Flex Into Fitness

Pay one fee and attend any of these classes.

Act #	PHNR	PHRes	NR	Res
136550A-T	-	-	\$97	\$92
136550X	\$87	\$82	-	-

Cardio Interval - Intermediate to advanced level class works a variety of cardio and muscle conditioning. Cardio segments include step, hi/lo, kickboxing and/or spinning. Muscle conditioning includes use of hand weights, body bars, tubing, and/or balls.

PowerSculpt - Use controlled movements set to music to tone all major muscles. Hand weights, body bars, bands, and body resistance increase strength and improve muscle definition.

Resistance Training - Use hand weights, body bars, bands, and body resistance to increase muscle endurance and improve definition. Work both upper and lower body using controlled movements set to music.

Step Up and Tone - Improve your cardiovascular conditioning and increase muscle strength. Great workout without complicated choreography. Steps provided.

The Core - Improve total body strength, core muscular endurance, balance, joint stability and flexibility while focusing on your "core" muscles, specifically abs and lower back. 30 minute class.

Easy Does It - Designed for those beginning, returning, overweight, and senior participants. A good workout without frustration. Achieve improved muscle strength, tone and balance.

High Intensity Instructors Choice - Vary your workout to stay motivated, challenged and prevent muscle memory. Class format will alternate each week to include cardio, step, interval, cardio-kick, and resistance. This is a high intensity class.

Lo/Cardio plus Toning - Increase your capacity to burn fat, gain cardiovascular conditioning, enhance muscle strength and tone in a fun non-competitive atmosphere. Low impact aerobics, muscle conditioning, stretching and a relaxing cool down. Bring hand weights and a mat.

Group Cycle - This stationary bike class motivates with an incredible and energizing cardio workout, which will send fat burning and endurance into high gear. Intermediate to advanced class.

Cycle and Sculpt - Combo of group cycle and power sculpt consisting of a high-energy cardio workout followed by an instructor's choice strength segment.

Cycle and Core - A combination of Group Cycle and Core Conditioning. Each class will consist of a 35 minute cycle ride followed by a 15 minute challenging core workout and a 5 minute cool down/stretch.

Yoga

Yoga promotes better health by exercising all muscle groups as well as emphasizing breathing to release tension. Bring a mat or folded blanket to each class.

Beginner (Beg): No prior experience

Continuing (Cont): students should have had at least three sessions of Yoga and will continue to improve and control the conditions of every part of the body and mind.

Beg/Cont: both levels taught in class.

Advanced: continuing students looking for an increased level of instruction.

Act #	NR	Res
136320A	\$97	\$92
136320C-H	\$97	\$92

Tai Chi-Chu'an

This martial art, is a gentle meditative exercise that is easy on the joints and suitable for ages 9 through 99 and any fitness level. Tai Chi practitioners attest to a variety of benefits from an improved golf swing to greater focus, and concentration in individuals with ADHD. Health benefits include improved balance, flexibility, breathing, sleeping, blood pressure, digestion, and reduced stress. It has been shown to increase bone density in post-menopausal women at risk for osteoporosis. **Instructor:** Susan

For all Tai Chi classes

Act #	NR	Res
136376A-B	\$54	\$49

NOTE: Six weeks - (June 25-July 30)

Fitness Class Schedule – June 20 - August 29 (10 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am - Step Up & Tone #136550 A - Renata		6 am - Step Up & Tone #136550 A-Renata		6 am - Step Up & Tone #136550 A-Renata	
6 am - Group Cycle #136550N -Michelle/Therese		6 am - Group Cycle #136550N -Michelle/Therese		6 am - Group Cycle #136550N -Michelle/Therese	
8 am - Easy Does It #136550J-Valerie		8 am - Easy Does It #136550J-Valerie		8 am - Easy Does It #136550J-Valerie	8:15 am - Group Cycle #136550Q-Michelle
8:30 am - The Core #136550T-Dana	8:30 am - Cycle & Core #136550M - John/Fawn	8:30 am - The Core #136550T	8:30 am - Cycle & Core #136550M-John/Fawn	8:30 am - The Core #136550T-Renata	
9 am - Danceit #136200A-Sue		9 am - Danceit #136200A-Sue			8:30 am - Step Up & Tone - #13655C-Joan
9 am - Cardio Interval #136550D - Dana	9 am - Mat Pilates #136565 E or F	9 am - Cardio Interval #136550D	9 am - Mat Pilates #136565 E or F	9 am - Cardio Interval #136550D-Renata	
9:30-10:45 am - Meditation #136320K-Ruth		9:15-10:30 am-Beg/Cont Yoga #136320E-Ruth			
	9 am - Danceit #136200C-Ceda		9 am - Danceit #136200C-Ceda	9 am-Danceit #136200E-Roxanne	9:30 am - Resistance Training -#136550F
10 am - Power Sculpt #136550E - Dana		10 am - Power Sculpt #136550E		10 am - Power Sculpt #136550E-Renata	
	4:45 pm - Cycle & Sculpt #136550V-John		4:45 pm - Cycle & Sculpt #136550V-John		
5:30 pm - Group Cycle #136550P	5:30 pm - Mat Pilates #136565A or B	5:30 pm - Group Cycle #136550P	5:30 pm - Mat Pilates #136565A or B		
			6-7 pm -Begin Tai Chi #136376A		
6 pm -High Intensity #136550L-Ellen	6 pm - Cardio & Weights #136301A	6 pm -High Intensity #136550L- Joan	6pm - Cardio & Weights #136301A	6 pm - Lo Cario/plus Toning #136550G-Renata	
6:30 pm - Danceit #136200B-Theresa	6:30 pm - Zumba #136565 C, D or G	6:30 pm - Danceit #136200B-Theresa	6:30 pm - Zumba #136565 D, G, H	<i>See pages 56-57 and use color corresponding classes to maximize your workout!</i>	
		6:30-7:45 pm-Beg/Cont Yoga #136320D-Janeen			
7 pm - Resistance Training #136550U - Ellen	7 pm - Step Power Hour #136301B	7 pm - Resistance Training #136550U - Joan	7 pm - Step Power Hour #136301B		
7-8:20 pm - Beg/Cont Yoga #136320A-Marie			7-8 pm - Int/Adv Tai Chi #136376B		
	7 pm - Danceit #136200D -Janice		7 pm - Danceit #136200D-Janice		
	7:30 pm - Step Up & Tone #13655B-Joan	7:30-8:45 pm - Cont Yoga #136320F-Janelle	7:30 pm - Step Up & Tone - #13655B-Joan	DancelT	
	8-9:15 pm-Beg Yoga #136320C- Kris		8-9:15 pm-Beg Yoga #136320H-Kris		

NOTE:

- Fitness classes are 25, 55 or 75 minutes in length and held at the Troy Community Center unless otherwise noted.
- All classes are for ages 16 and older unless otherwise stated in description.
- It is recommended that you consult your doctor prior to beginning any exercise class.
- Babysitting Service is available at the Community Center for most morning and evening classes.
- Participants should wear good aerobic shoes and bring a water bottle to class.

